

These weights are designed to be used while in the supine position and are designed to be used while performing twenty facial exercises. Those exercises are listed below.

5           Exercise 1, designed for the 284 gm oculus weight, consists of placing weight over eye, closing eye tightly, and then releasing.

Exercise 2, designed for the 227 gm oculus weight, consists of placing weight over eye, raising eyebrow, and then relaxing it.

Exercise 3, designed for the 454 gm irregular shaped weight, consists of placing weight over temple, closing eye tightly, and then relaxing.

10           Exercise 4, designed for the 454 gm irregular shaped weight, consists of placing weight below lower eyelid, closing eye tightly, and then relaxing it.

Exercise 5, designed for the 454 gm irregular shaped weight, consists of placing weight as in exercise 4, except raise corner of mouth up toward weight.

15           Exercise 6, designed for the 766 gm irregular shaped weight, consists of placing weight over cheek and raising corner of mouth toward weight.

Exercise 7, designed for the 766 gm irregular shaped weight, consists of placing weight as in exercise 6 except tighten lips, pucker, and stretch lips away from weight.

20           Exercise 8, designed for the 766 gm irregular shaped weight, consists of placing weight over cheek but closer to nose and stretching upper lip over top teeth.

Exercise 9, designed for the 766 gm elongated shaped weight, consists of placing weight over higher part of forehead near hairline and lowering eyebrows.

5 Exercise 10, designed for the 766 gm elongated shaped weight, consists of placing weight over lower part of forehead near brows and raising brows.

10 Exercise 11, designed for the 766 gm elongated shaped weight, consists of placing weight over bridge of nose with center pleats toward brows and wings over lower half of eyes while tightening eyes, and then relaxing.

Exercise 12, designed for the 766 gm elongated shaped weight, consists of placing weight over bridge of nose with center pleats toward lips and wings over checks, and raise brows.

15 Exercise 13, designed for the 766 gm elongated shaped weight, consists of placing weight over bridge as for exercise 12 but wrinkle nose and then relax.

Exercise 14, designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 12, with lips together smile.

20 Exercise 15, designed for the 1 kg elongated shaped weight, consists of placing weight over bridge of nose as for exercise 12 but move the wings closer to the corner of the mouth, pucker lips, and then relax.

Exercise 16, designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 15 but stretch upper lip over upper teeth as in exercise 8.

5           Exercise 17, designed for the 1 kg elongated shaped weight, consists of placing weight between nose and upper lip with center pleats toward nose and wings over cheekbones, and with lips together smile.

Exercise 18, designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 17 except with center pleats toward chin and wings over cheeks, pucker lips and then relax.

10           Exercise 19, designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 18 except that neck is directly over both lips and then pucker lips.

15           Exercise 20, designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 19 but over lower lip, and then open and close mouth.